

No.18417/DRDM/DM/HEAT-WAVE/2017
GOVERNMENT OF PUDUCHERRY
DEPARTMENT OF REVENUE AND DISASTER MANAGEMENT

Puducherry, dt. 20.4.2017

PRESS RELEASE

India Meteorological Department (IMD) issued Heat Wave Warning that Heat Wave condition is likely to occur at isolated places over Chennai, Kancheepuram, Tiruvallur, Cuddalore, Villupuram, Nagapattinam, Pudukottai, Vellore, Tiruvannamalai, Krishnagiri, Dharmapuri, Salem, Namakkal, Erode, Karur, Tiruchirapalli, Ariyalur, Perambalur districts of North Tamil Nadu and Puducherry. Further, the Puducherry region experiences intense hot /scorching temperature which affect the routine life of the general public. In order to minimize the impact of the hot climatic conditions, the District Administration, Puducherry advises the people of Puducherry region, to follow the useful precautionary measures (DO's & DONT's), as given below :-

DO's

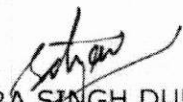
- Listen to Radio, watch TV, read newspaper for local weather forecast to know if a heat wave is on the way
- Drink sufficient water and as often as possible, even if not thirsty
- Wear lightweight, light-coloured, loose and cotton clothes
- Use protective goggles, umbrella/hat, shoes or chappals while going out in sun
- While travelling, carry water with you
- If you work outside, use a hat or an umbrella and also damp cloth on your head, neck, face and limbs
- Use ORS, homemade drinks like Lassi, rice water, lemon water, buttermilk, etc. which help to re-hydrate the body
- Recognize the signs of heat stroke, heat rash or heat cramps such as weakness, dizziness, headache, nausea, sweating. If you feel faint or ill, see a doctor immediately

- Keep animals in shade and give them plenty of water to drink
- Keep your home cool, use curtains, shutters or sunshade
- Use fans, damp clothing and take bath in cold water frequently
- Schedule strenuous jobs to cooler times of the day
- Pregnant workers and workers with a medical condition should be given additional attention

DONT's

- Avoid going out in the sun, especially between 12.00 a.m. and 3.00 p.m.
- Avoid wearing dark, heavy or tight clothing
- Do not leave children or pets in the parked vehicles
- Avoid strenuous activities when the outside temperature is high.
- Avoid cooking during peak hours. Open doors and windows to ventilate cooking are adequately
- Avoid alcohol, tea, coffee and carbonated soft drinks, which dehydrates the body.
- Avoid high protein food and do not eat stale food.

Further, the District Administration keeps regular watch on the advisory of the IMD, with regard to the present climatic conditions and will take necessary precautionary measures for management of adverse weather conditions.


(Dr. SATYENDRA SINGH DURSAWAT, I.A.S)
DISTRICT COLLECTOR